

Relationship Roundup Media Analysis Assessment

~~"Disc as specific examples of relationship information from the video selected which has a positive and negative influence on the relationship"~~

Developing equal and respectful relationships

Active listening:

Active listening is a very important communication technique and is very important in developing equal and respectful relationships. It requires the listener to understand, interpret, and evaluate what is being heard. The ability to listen actively can improve personal relationships through reducing conflicts, strengthening cooperation, and improving understanding. People are often distracted while listening, and are therefore not listening attentively. Showing respect and listening carefully to what the speaker is saying is important to fully attend to the speaker. There are three primary elements that comprise active listening: comprehending, retaining, and responding.

- Comprehension is "shared meaning between parties in a communication transaction". This is the first step in the listening process. Comprehension occurs when the listener accurately identifies speech sounds, coming from the speaker, and forms these sounds into words. From these words, the listener can then determine meaning from what the speaker is saying. Comprehension is often forgotten when describing Active listening, as most people over 10 comprehend what the speaker is saying subconsciously. The listener must also pay attention to what the speaker is saying. This sounds easy, however we are constantly bombarded with other sounds, so the listener must select which of these sounds to pay attention to. By doing this, you not only show the respect to the speaker that you would like, but also reduce the chance of not hearing something the speaker said, and misinterpreting the message.

Comprehension is seen in Glee clip 1, when Rachel tells Finn how she feels about him. While she is speaking to him, Finn focuses intently on what Rachel is saying, and is not distracted by the background talking or the other girls who want to kiss him. He gives her his full attention, and takes what she is saying seriously. This same thing happens after Finn gives Rachel a present, she listens carefully to him, while he is telling her how he feels.

- Retaining is the second step in the listening process. In this step, memory is essential as the information we retain when involved in

the listening process is how we create meaning from words. It enables us to fill in the blanks to what we are hearing. ▲ As everyone has different memories, the speaker and listener may have different meanings to the same statement. If this step is not completed, through not paying attention in the comprehending step, active listening is much harder to achieve, as the speaker feels like they have not been listened to. Retention is lessened when we engage in mindless listening, where little effort is made to listen to a speaker's message.

▲ Lack of retaining can be seen in the video clip when Finn kisses Rachel on the cheek, whereas Rachel was expecting him to kiss her on the lips. Finn had retained information from the conversation before the kiss. When Rachel is angry that he did not kiss her on the lips, he says "I thought you said you were over me". Finn doesn't understand the contradiction, so Rachel tells him the truth about how she feels about him.

- Listening is an interaction between speaker and listener. Therefore, responding is the final step of the in the listening process. During this process, the speaker looks for verbal and nonverbal responses from the listener to determine whether the message is being listened to. The response from the listener is usually nonverbal, as if the response is verbal, the speaker and listener roles are reversed. Based on how the speaker interprets the response, the speaker should either continue with their communication style, or adjust it to suit the listener.

▲ An example of a non-verbal response to the speaker can be seen in the Glee clip after Rachel receives the gift from Finn. She does not respond verbally, but allows Finn to see her appreciation and that she is taking in what he is saying by nodding her head. When Finn saw this he continued with his communication style, as Rachel was taking in everything he was saying, so there was no need to change it.

Conflict Resolution:

Conflict is normal as a part of every relationship, as everyone has different ideas that others may not agree with. The conflict that arises from this difference is not exactly the issue; it is how you deal with it. Conflicts need to be worked through. It is not healthy to ignore a conflict, just hoping that in time it will go away. Conflicts can often cause heightened emotions, such as feeling upset, disappointed, angry or frustrated. The process to work through conflicts and resolve them is as follows:

1. Establish rules

2. Identify the conflict
3. Offer solutions
4. Make an agreement
5. Review the agreement.

- The win/win approach is one way in which a conflict can be solved. It is when the outcome is mutually beneficial for both people. Instead of having the idea of "No, that's no good! Do it my way!", the conflict should be approached using the attitude "I want to win and I want you to win too". Although the result is often not entirely what both people wanted, it is a better alternative than nothing being done and neither party having what they want, and fighting each other to get what they want. In society, there is often the idea that there isn't enough for both people, so if one person is right, then the other person must be wrong. We should consider the win/win approach to make both people happy with the result.

The win/win approach is used in the Glee clip when Rachel tells Finn that she is over Puck and wants a relationship with him again. However, Finn does not want this as he finds it hard to forgive how she cheated on him. They reach a win/win solution when Finn says they can still be friends, and see other people. Although this is not what Rachel wanted, she wants Finn to be happy so she reluctantly agrees and it works out well for both of them in the end.

- The creative response is another approach used to deal with conflict. It involves changing problems into possibilities. The creative response is when you consciously choose to see what can be done, rather than saying how terrible it all is. It is similar to the win/win approach as it is about choosing to extract the best from the situation. In the Glee clip, Rachel wants another relationship with Finn, however Finn does not want another relationship with her. Instead of them being angry with each other, they make the best of the situation and decide to be friends with each other.
- The emphatic response is about rapport and openness between the people involved in the conflict. When empathy is not used, people are less likely to listen to your needs and feelings and consider the situation from your point of view. To build empathy towards the speaker, the listener must make the speaker feel understood. To do this, the listener should ask questions, check back to make sure they have understood correctly and summarise the resolution, to make sure you both agree on the facts. This is seen in the Glee clip when Rachel asks Finn to be in a

relationship with her again. While Finn declines, he understands what Rachel is feeling towards him, and provides the alternative of being friends.

Sexual Health

Qualities Valued in a Partner

The qualities looked for in a partner vary from person to person, and what type of relationship the person wants. For example, in a long-term relationship, common qualities looked for are respect, honesty and similar interests. However, short term relationships seem to focus on looks, and not the person's personality. I have included information about three values that I think are common when people look for a potential partner: showing respect, similar interests, and attraction.

- Showing respect for each other is a common quality that people look for in a partner. Both people should respect the other person's feelings and actions. Respect is a key to a long lasting relationship because without it there is no real love between the two people, as there is no understanding for one another. If a poor relationship has been built, due to a lack of respect, this will most likely lead to heartbreak and pain for both people. For example, in marriage it could lead to a divorce, and for a couple that is dating, it could lead to a nasty break-up. When there is respect, there is most likely going to be happiness and love within the relationship, meaning a stronger relationship can be built on this.

▲ lack of respect for the partner is shown in the Glee clip when Quinn cheats on her boyfriend with Finn. She is in a committed

relationship with someone else, however due to a lack of respect, she cheats on him. Her boyfriend shows full respect towards her, although she is not showing respect. She says that she loves him, but in reality she does not truly love him, otherwise she would not be cheating on him.

- Most people try to choose a partner with similar interests and hobbies. By doing this, you can enjoy doing things and talking about things that you both enjoy. If people choose a partner and who has completely different interests to themselves, it may lead to ego problems and misunderstandings. It is a good idea to have some diversity in interests, as that way you get to experience some of the other person's interests.

In the Glee clip, Blaine sings a song for Jeremiah in his workplace, as he thinks they are a great match for each other and have similar interests. However, Blaine misunderstood Jeremiah, and at the end of his shift, Jeremiah tells Blaine that he got fired from his job because of the song and says they cannot be together as they are too different, especially in age. This is an example of two people having contrasting ideas about each other, leading to one person getting fired from his job because of the other.

- When looking for a partner, you should look for someone you are attracted to. If you are not attracted to the person, the relationship will not be successful. Being attracted to someone should not be simply because of their looks. Beauty is only skin deep, and if you choose someone that is beautiful, you may find out that their personality needs some work. If you love someone just for their looks, it's not real love, and they are not the right partner for you.

Blaine finds Jeremiah attractive, and before he starts singing, Kurt says "I can see the appeal". This means Blaine has told Kurt about how he is attracted to Jeremiah, especially his looks, as Kurt goes on to say "It's quite a head of hair". There is no evidence of why Blaine is attracted to Jeremiah apart from his looks, and this could be a possible reason why Jeremiah rejected him.

Appropriately expressing and exploring sexual feelings

When in a relationship, many people feel that it is important to appropriately express and explore sexual feelings. In whatever sexual activities are being undertaken, both you and your partner should understand the consequences of what you are doing. You should both feel comfortable in what you are doing, and make sure your partner is

also comfortable. Exploring sexual feelings can be done in both genders. While going through adolescence, sexual feelings develop and change, and it is not unusual to need to explore thoughts of homosexuality.

- When expressing and exploring sexual feelings, you and your partner should understand the possible consequences involved in what you are doing. Teenage pregnancy is on the rise. Several adolescents are engaging in sexual relations without protection or thinking of the long-term consequences of their actions. By understanding the consequences, you and your partner can then choose if you feel it is still worth the risk of exploring sexual feelings, or if you are uncomfortable with the idea.

▲ lack of understanding the consequences is shown in the Glee clip when Blaine goes to Jeremiah's workplace to sing to him and ask him out. ▲After the song, Jeremiah came out to Blaine and explained that he and his boss did not like the song and he got fired because of it. He also told Blaine that they can not be together as it would be illegal for Jeremiah to date Blaine, who is underage. Blaine showed a lack of understanding consequences, as he had not envisaged that Blaine getting fired by Blaine singing the song.

- It is also important to make sure that your partner is comfortable with what you are doing. By talking to your partner before you engage in sexual activities, you do not rush into something that the other person does not want to do. It is very important that you and your partner do not feel pressurized into having sexual relations. You may feel pressured if all of your friends say that they are "doing it", but they could be lying.

In the Glee clip, Jeremiah is obviously very uncomfortable with Blaine singing to him. He tries to ignore it and walk away, and by looking at his facial expression, it is apparent that Jeremiah feels very awkward. No one else knew Jeremiah is gay, so having Blaine sing to him in his workplace made him feel awkward and uncomfortable.

- It's a natural part of life to have sexual feelings. ▲As people pass from childhood, through adolescence, to adulthood, their sexual feelings develop and change. Sexual orientation refers to the gender to which a person is attracted. Teens often have sexual thoughts and attractions, and to some these can be confusing, especially for those who have thoughts about someone of the same gender. "What does that mean about me," they may think, "▲Am I gay?". Blaine is a young man who is, or thinks he is, gay. It is

important that he explores his sexuality to see what gender he is attracted to.

